

# Fuel for Fitness

## A Nutrition Quiz Game

1. Reproduce and cut out the Fuel for Fitness cards.
2. Have students break into teams of 3-5 each. Assign a moderator to read the questions.
3. Allow each team to take a turn answering the questions.
4. Consider offering incentives such as stickers, pens, pads, coupons, etc. when students provide the correct answer.

<p>When you are active at sports and play, it's important to drink enough:</p> <p><b>A.</b> Fruit Punch <b>B.</b> Water <b>C.</b> Soda Pop <b>D.</b> Coffee</p> <p><b>Answer: B</b></p>	<p>The best diet for an active kid consists of:</p> <p><b>A.</b> Pasta and bread <b>B.</b> Meat and eggs <b>C.</b> Donuts and cake <b>D.</b> A balance of foods from all five food groups</p> <p><b>Answer: D</b></p>	<p>The following foods are a good source of protein:</p> <p><b>A.</b> Water and orange juice <b>B.</b> Lettuce and Strawberries <b>C.</b> Peanuts and chicken <b>D.</b> Licorice and gum drops</p> <p><b>Answer: C</b></p>
<p>An athlete performs best when their body is:</p> <p><b>A.</b> Well fueled and strong <b>B.</b> As thin as possible <b>C.</b> Very tall <b>D.</b> On a strict low-calorie diet</p> <p><b>Answer: A</b></p>	<p>How many servings of grains should you eat each day?</p> <p><b>A.</b> As few as possible <b>B.</b> 2 ounces* <b>C.</b> 25 ounces* <b>D.</b> For most kids and teens, in the range of 5 to 8 ounces*</p> <p><small>*An ounce of grain is like 1 slice of bread, 1 cup breakfast cereal, or ½ cup rice or pasta.</small></p> <p><b>Answer: D</b></p>	<p>Kids who eat breakfast on school mornings:</p> <p><b>A.</b> End up cranky by lunch <b>B.</b> Concentrate better on schoolwork <b>C.</b> Are often more forgetful <b>D.</b> Always have a stomachache</p> <p><b>Answer: B</b></p>
<p>If you have sports practice in the afternoon, you should:</p> <p><b>A.</b> Eat a healthy snack right after school <b>B.</b> Drink a can of pop right before you go <b>C.</b> Take candy along in case you get hungry <b>D.</b> Never eat or drink anything until practice is over</p> <p><b>Answer: A</b></p>	<p>This nutrient, found in milk and dairy products, helps active kids build strong bones.</p> <p><b>A.</b> Calcium <b>B.</b> Sodium <b>C.</b> Fiber <b>D.</b> Sugar</p> <p><b>Answer: A</b></p>	<p>Which of the following is a good source of fiber?</p> <p><b>A.</b> Broccoli <b>B.</b> Peanuts <b>C.</b> Whole Wheat Bread <b>D.</b> All of the above</p> <p><b>Answer: D</b></p>
<p>The best way to improve at your favorite sport is to:</p> <p><b>A.</b> Take a lot of vitamin supplements <b>B.</b> Practice <b>C.</b> Go on a low calorie diet <b>D.</b> Sleep a lot</p> <p><b>Answer: B</b></p>	<p>The more colorful choices in this food group usually have the most nutrition.</p> <p><b>A.</b> Jelly Beans <b>B.</b> Milk <b>C.</b> Vegetables <b>D.</b> Water</p> <p><b>Answer: C</b></p>	<p>To stay fit and healthy, kids should participate in physical activity, including sports, P.E. and active play:</p> <p><b>A.</b> At least one hour each day <b>B.</b> If they have time after their homework is finished <b>C.</b> 1 - 2 hours per week <b>D.</b> Only when the weather is nice</p> <p><b>Answer: A</b></p>
<p>During sports or active play, your body's greatest need is for:</p> <p><b>A.</b> A victory <b>B.</b> Extra water <b>C.</b> Something sweet <b>D.</b> A good nap</p> <p><b>Answer: B</b></p>	<p>How many ounces of meat, fish, or chicken (or meat equivalents*) do you need each day to meet your protein requirement?</p> <p><b>A.</b> As much as I can eat <b>B.</b> none <b>C.</b> 5 to 7 ounces <b>D.</b> 16 to 20 ounces</p> <p><small>*Examples of 1 ounce meat equivalent include ¼ cup beans, 1 egg or 1 Tablespoon of peanut butter.</small></p> <p><b>Answer: C</b></p>	<p>Kids who are willing to try new foods:</p> <p><b>A.</b> Have a straight "A" average <b>B.</b> Are weird <b>C.</b> Have trouble in school <b>D.</b> Have a better balanced diet</p> <p><b>Answer: D</b></p>